105. An accommodating intraocular lens to be implanted in a human eye within a natural capsular bag in the eye attached about its perimeter to a ciliary muscle of the eye, the lens comprising:

a lens body having anterior and posterior sides and including an optic and haptics extending from said optic and having inner ends adjacent said optic and opposite outer ends, and

wherein said lens body is adapted to move the optic anteriorly and posteriorly relative to the outer ends of said haptics in response to forces imparted through constriction and relaxation of the ciliary muscle of the eye,

wherein relaxation of the ciliary muscle effects posterior movement of the lens such that the optic moves posteriorly relative to the outer ends of said haptics and constriction of a ciliary muscle effects anterior movement of the lens such that the optic moves anteriorly relative to the outer ends of said haptics.